



SAFETY TALKS






Fatigue – Staying Alert

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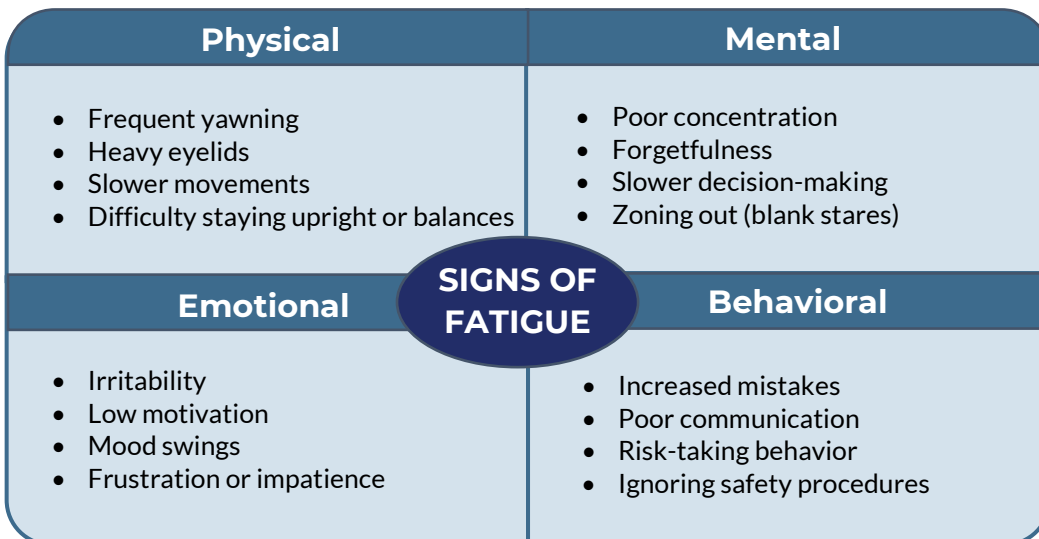
Fatigue is more than feeling tired; it's a state of mental and/or physical exhaustion that reduces a person's ability to perform work safely and effectively. Fatigue can slow reaction times, lower attention levels, and impair judgment, leading to a higher risk of incidents.

What's the Danger?

Fatigued workers are more likely to make mistakes that could result in injury to themselves or others. Fatigue can also cause microsleeps – brief, involuntary episodes of sleep, while operating equipment, driving, or performing critical tasks.

Hazard	Description
 Operating Machinery While Tired	Slow reactions, equipment mistakes, and poor hand-eye coordination.
 Driving Vehicles When Drowsy	Risk of accidents, microsleeps, impaired speed/distance judgment.
 Making Critical Decisions With Impaired Judgment	Poor problem-solving, risky decisions, missed safety checks or steps.
 Performing Detailed or Hazardous Work Without Full Focus	Skipped or forgot steps, mishandled tools, materials, or chemicals, and higher injury risk.
 Night Shifts, Extended Hours, or Irregular Schedules	Sleep cycle disruption, chronic exhaustion buildup.

Recognizing signs of fatigue early helps prevent mistakes, injuries, and incidents.



When workers notice fatigue symptoms like poor concentration or slower reactions, they can take action such as resting, notifying a supervisor, or adjusting tasks **before** it leads to a serious incident.



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Safety Tips

- ✓ Get 7–9 hours of sleep per night whenever possible.
- ✓ Take scheduled breaks and use them to rest and recharge.
- ✓ Avoid excessive overtime or long shifts whenever feasible.
- ✓ Recognize signs of fatigue
- ✓ Stay hydrated, eat nutritious foods, and limit caffeine late in the shift.
- ✓ Report to your supervisor if you feel too fatigued to work safely.

Demonstrate

Show simple stretches or mindfulness exercises that can be done during short breaks to boost alertness.

Highlight scheduling controls like rotating shifts and scheduled rest breaks.

Discussion

What signs of fatigue have you personally noticed while working?

What steps do you take to stay alert during long or late shifts?

DID YOU KNOW?

Nearly 30% of Canadian workers report feeling fatigued most days or every day during a typical work week. Workers who sleep less than 5 hours a night are three times more likely to be injured on the job than those who sleep 7–8 hours.



Manitoba Workplace Safety and Health Act and Regulations

- Part 2: General Duties;
- Part 8: Musculoskeletal Injury Prevention

Workers Involved in this Safety Talk

Date: _____

Name	Signature

Name	Signature

Notes
